

## Anglia Ruskin University Speak Out Challenge 23-24



"Many young people feel like their voice is not heard - the Speak Out Challenge gave me the opportunity to discover how to share my mine" -  
Xanthe Gutch, Speak Out Challenge Regional Finalist 2023

### **FREE PUBLIC SPEAKING WORKSHOPS FOR YEAR 10s**

The Speak Out Challenge develops young people's communication skills, builds their confidence and empowers them to speak out and be heard.

Workshops support Speaking and Listening GCSE and boost pupils' future employability.

### **Do you have a future Speak Out Challenge Champion amongst your Year 10s?**

Check out last year's winning speech from [Ethan Bousoula](#), in Jack Petchey's Speak Out Challenge, to see what your students could achieve.

## HOW IT WORKS

### The Workshops

- Schools are entitled to one FREE workshop for 25-30 students from Year 10.
- Speakers Trust provide an expert public speaking trainer to deliver the workshop over one full school day.
- Workbooks and certificates are included.

### The Competition

- Booking a workshop guarantees the school entry to one of the Anglia Ruskin University Speak Out Challenge Finals.
- After the workshop, schools hold an Assembly Final, where students compete to be chosen to represent their school at their live Final event.
- The Final is a prestigious event giving students the opportunity to share their opinions and be heard by a wider audience, including a panel of VIP judges. By the end of the night, one student will be crowned ARU Speak Out Challenge Champion.

For any queries,  
or to book your workshops:  
Contact Speakers Trust on  
[hello@speakerstrust.org](mailto:hello@speakerstrust.org)  
or 020 8146 6146

**71%**

have increased  
their ability to  
communicate  
publicly

**93%**

of students have learnt  
skills they can apply in  
the next stage of their  
education, training and  
employment

**95%**

have learned  
more about  
classmates'  
viewpoints,  
faiths,  
feelings and  
values

***"One of the best days of my academic year as Literacy lead! I love the interaction, I love seeing the pupils develop their confidence, I love hearing their speeches, I love the way the trainer helps the pupils to talk about their passions. The whole day is just amazing!"***

***- Teacher, Woodlands School***